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## DOH-CITRUS NO-COST “SAVE A HEART 5K” GOES VIRTUAL FOR 7TH ANNUAL EVENT

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Research shows that participating in regular physical activity can boost the immune system. As people continue to take action to protect themselves from COVID-19 and prevent other chronic illnesses, the Florida Department of Health in Citrus County (DOH-Citrus) is pleased to host another virtual “Save a Heart 5K” event to get residents and visitors moving at no cost.

Registration for the virtual event opens Friday, Sept. 10. until Monday, Sept. 21. To register for the event online, and for more information, visit

<https://runsignup.com/RACE/FL/CITRUSCOUNTY/SAVEAHEART5K>.

Each year, DOH-Citrus hosts the no-cost event to spotlight World Heart Day (September 29), an observance held to raise awareness of the benefits of physical activity, maintaining a healthy weight and making good lifestyle choices as the best ways to prevent heart disease and stroke.

“Our main goal is to keep people as safe as possible while honoring this annual 5K event that we have provided to our community since 2015,” said Carmen Hernandez, DOH-Citrus Community Health Program Administrator. “With the recent surge in COVID-19 cases, we feel this virtual platform is the safest way for our community to get outside and get active with their family and friends.”



Participants can upload their distance, times and activities on the event website beginning on Saturday, Sept. 25 until Sunday, Oct. 10. Individuals can participate at their own pace, time and location, either separately or within teams, as they track their preferred measure through different activities, such as walking, running, cycling, swimming, paddle/rowing, yoga, kickboxing, tai-chi, among others.

Participants who register will receive a commemorative 5K t-shirt while supplies last. Please visit the event website for more information on t-shirt pickup times and locations.

For more information about the event, visit

<https://runsignup.com/RACE/FL/CITRUSCOUNTY/SAVEAHEART5K>.

For more information about DOH-Citrus, visit [www.CitrusCountyHealth.org](http://www.CitrusCountyHealth.org) or follow us on Twitter at [@FLHealthCitrus](https://twitter.com/FLHealthCitrus).

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